

Protein bars

Thanks to George Unruh

1/2 cup oats
1 cup nuts (cashews or peanuts work great)
20 medjool dates
1/3 cup nut butter of choice
3 Tbs cacao

Depending on the type of food processor you have, you mix them all the ingredients together. Then pat them down firmly in a 9x9 pan. Score them and put them in the freezer. I keep them there until I need them. Usually take one or two for my lunch each day.

Kale and Carrot Soup

Thanks to Carolyn White

1 large carrot, chopped
1 celery stalk, chopped
½ white onion, chopped

In a large pot, heat olive oil on medium-high and sauté onion, celery, and carrots for 3-5 minutes. Then add

½ cup sliced or chopped mushrooms
5 chopped garlic cloves

Add to pot and sauté for an additional 3 minutes.

Add

4 c Vegetable Broth
¼ tsp red pepper
¼ tsp black pepper
¼ tsp turmeric

Salt

Lemon juice – to taste

7 oz can of chickpeas

Cover and turn heat to simmer for 15 minutes.

Add 1 c. chopped Tuscan kale and simmer for at least 15 minutes. (Simmering combines and merges the flavors) Lime juice also flavors.

Garnish your bowl of soup with a slice of lemon and added pepper flakes if you want to spice it up a little. Sometimes I add grated parmesan and/chunks of avocado.